

Feeding the Family



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FEEDING THE FAMILY

WHAT IS THE RECIPE FOR FAMILY HEALTH?

The healthy family is a well-fed family. Sound and sensible feeding is the very foundation of vigorous good health, the good health from which stem the enjoyment and sparkle which mark a happy home.

This requires choosing food for three basic needs:

- foods for building the children's bodies and for maintaining the bodies of adults;
- foods for energy;
- foods for vitality.

THE THREE ESSENTIAL FOOD REQUIREMENTS

For building and maintenance

Building a body is like building a house. Our bodies are built from food 'bricks'. These food bricks come from the **protein-rich** foods—milk, cheese, meat, fish and eggs. Growing children need plenty of these bricks: adults need them too, although in smaller amounts, for maintenance of body tissue. Bread is also a valuable source of protein and, when eaten with milk and cheese, the value of this protein is greatly enhanced and you get double value without doubling cost.

Bricks are no use without cement, and the body bricks of protein are no use without connective tissue or 'body cement'. **Vitamin C** makes this cement, binding the body bricks together and helping to make firm bones, muscle and skin. Foods rich in Vitamin C include the citrus fruits (especially oranges), black and red currants, tomatoes, watercress, some green vegetables (especially cabbage, brussel sprouts and cauliflower) and new potatoes.

Calcium is important in helping to build strong bones and good teeth. Milk and cheese, white flour and bread are all rich sources of calcium.

Calcium is no good on its own. We need the sunshine **Vitamin D** in order to absorb calcium from our food. Children, pregnant and nursing mothers, and old people must have plenty of this vitamin. Foods richest in Vitamin D are fat fish—herrings, bloaters, sardines, tuna fish, salmon, kippers and mackerel—cod-liver oil, halibut liver oil and margarine.

For energy

Engines must have fuel to make the wheels turn. So, too, our bodies require fuel. Our fuel comes from the carbohydrates, sugar and starch, found in bread, porridge, potatoes, cakes and biscuits. But the fuel must have a spark to ignite it and **vitamin B1** is the spark needed to light the fuel foods. This vitamin comes from bacon, pork, ham, liver, kidney, heart and cod's roe and all flour products.

Brown and white flours, yeast and therefore all breads are particularly rich in vitamin B1. Thus they not only provide the fuel for energy but have built-in ignition too. What is more, they are also rich sources of other B vitamins so that, when we add yeast to flour for bread and other yeasted goods, we get even more B vitamins, even more energy.

For vitality

Iron is essential in the diet for making good red blood. This gives us good circulation, carrying the oxygen, so necessary to all living things, round the body. This is the secret of vitality. Iron is found in liver, heart and kidney, corned beef, sardines, eggs, dried fruit, cocoa, curry powder, flour and bread, and in mussels, cockles and winkles. Here again Vitamin C is essential if the body is to absorb and use this iron.

FOODS FOR BASIC GOOD HEALTH

To lay the foundations of good health for the whole family we need foods containing the four main nutrients for growth and repair—proteins, vitamin C, calcium and vitamin D. Milk and cheese, oranges, fat fish and bread will provide all these nutrients, helping the children to grow sturdily and keeping the bodies of the adults in good repair.

For energy and vitality four main nutrients are needed too—carbohydrate, vitamin B1, iron and vitamin C. Bread and other yeast dishes, liver, eggs and oranges are the best foods for keeping the whole family energetic and lively.

EVERY-DAY MEAL PLAN

The following basic foods should form the basis of the menu every day, to which then add the other foods you like.

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|-----------------|---|
| Adults | $\frac{1}{2}$ pint milk; 1 oz. cheese; 1 egg; $\frac{1}{4}$ oz. cocoa or
1 oz. plain chocolate; 6 slices bread (small);
1 orange; plus liver and fat fish one a week. |
| Children | 1 pint milk! 2 oz. cheese; 1 egg; $\frac{1}{4}$ oz. cocoa;
1 small loaf (less for juniors); 1 orange; plus liver
and fat fish twice a week. |

The quantity of additional 'fuel' food depends on the needs of each member of the family.

If a member of the family is putting on too much weight, it is better for him or her to cut down gently on all categories of food, rather than cut out one or more foods altogether. In this way weight can be reduced without reducing health, and without upsetting the meals of the rest of the family.

FEEDING THE FAMILY RECIPES

The following selection of recipes have been chosen and tested to make your daily meals both interesting and nutritionally sound. In addition, care has been taken to see that they are easy to make and inexpensive too.

RECIPES RICH IN VITAMIN C

- Tomato Tea Dish
- Cauliflower Casserole
- Cabbage Salad and Cole Slaw
- Salads — Vitamin C
- Danish Red Jelly
- Orange Princess Pudding
- Summer Pudding
- Lemon Pudding and Lemon Sauce
- Ambrosia
- Orange (or Mandarin) Baked Custard

RECIPES RICH IN VITAMIN D

- Baked Savoury Herring
- Kipper Spread
- Soused Herring
- Herring with tomatoes
- Tomato Topped Tuna Casserole
- Salmon or Tuna Fish Loaf
- Creamed Kipper Fillets

RECIPES RICH IN VITAMIN B₁

- Bacon Pudding
- Creamed Cod's Roe with Bacon Rolls
- Savoury Kidney Pudding
- Stuffed Hearts
- Bacon with Lentils
- Pancakes with a difference
- Summer Breakfast
- All Yeast Cookery—a large selection of recipes is available on request

RECIPES RICH IN IRON

Laramie
Boboutie
Liver Casserole
Mock Goose
Curry Spread
Liver Spread
Everyday Gingerbread (available on request)
Chocolate Cake
Chocolate Sauce
Chocolate Spread
Treacle Loaf

CHEESE AND MILK RECIPES

Uses of cheese and milk
Cheese Puffit
Cheese Biscuits

RECIPES RICH IN VITAMIN C

VITAMIN C is very easily destroyed by heat, and is also lost because it readily dissolves in water used for cooking or soaking. Therefore fruit and vegetables should be served raw as often as possible. In cooking use only a small amount of water and simmer, with the lid on, for the shortest time possible.

The following selection of recipes is particularly suitable for children:

TOMATO TEA DISH — serves 4

10 oz. tin tomatoes

4 eggs

Salt and pepper to season

2 oz. grated cheese

Grease 4 individual dishes or a pie dish. Arrange tomatoes in dishes, leaving a well in the centre and break in the eggs. Season — sprinkle cheese on top. Bake in a slow oven 335°F/ Gas Mark 3 until eggs are just set — about $\frac{1}{2}$ hour.

CAULIFLOWER CASSEROLE — serves 5

1 medium cauliflower

10 oz. tin tomatoes

4 oz. grated cheese

Seasoning

Buttered crumbs

Sauce:

2 oz. margarine

3 oz. flour

$\frac{1}{4}$ pint milk

$\frac{1}{2}$ pint juice from tomatoes

Half cover whole cauliflower with boiling salted water and cook 7 minutes with lid on. Drain. Separate about $\frac{1}{2}$ pint of juice from tomatoes. Melt margarine, work in flour, then milk and juice. Cook till thickened. Add tomato pulp and grated cheese, and season. Pour mixture over cooked cauliflower in greased casserole. Sprinkle top thickly with buttered crumbs and cook about 15 minutes at 350°F/Gas Mark 4 until golden brown on top.

Note: Prepare buttered crumbs by tossing $\frac{1}{2}$ pint soft bread-crumbs in $\frac{1}{2}$ oz. melted margarine and dry off in a cool oven.

CABBAGE SALAD

- 1 firm crisp cabbage**
- 4 Tbsp. raisins**
- 2 Tbsp. lemon juice**
- 2 tsp. sugar**

Shred cabbage very thinly and shake with raisins, sugar and lemon juice in a polythene bag. Serve in attractive bowl garnished with sliced lemon twist.

Chopped nuts, or peanuts, chopped dried fruit of any kind or pineapple make a change.

The cabbage may be dressed with mayonnaise to make cole slaw. Shredded brussels sprouts may be used in place of cabbage.

MORE VITAMIN C SALADS

For the grown-ups in the family try one of these unusual combinations.

1. Slices of tomatoes, onions and oranges.
2. Florets of raw cauliflower, tomato wedges and slivers of green pepper tossed with some French dressing.
3. Fruit salads of strawberries and melon cubes served on a lettuce leaf with cottage cheese or other mild cheese.

DANISH RED JELLY — serves 4

- 1 lb. redcurrants, blackcurrants or raspberries**
- 1-2 oz. sugar**

(Stew only until fruit is soft and separate juice by squeezing through a sieve or muslin bag.)

OR

1 bottle concentrated blackcurrant juice diluted to 1 pint with water

- 2 level tablespoons cornflour**

Mix cornflour with a small quantity of the juice. Bring remaining juice to the boil. Stir in cornflour and boil gently for two minutes, stirring well. Pour in to serving dish. Cool and decorate with almonds. Serve plain or with cream.

Note : This jelly should only be 'just set'.

ORANGE PRINCESS PUDDING — serves 4

- $\frac{1}{2}$ pint milk**
- Grated rind and slices of orange**
- $\frac{1}{2}$ oz. margarine**
- 1 oz. sugar**
- 2 oz. soft breadcrumbs**
- 2 eggs, separated**
- 2 oz. castor sugar for meringue**

Heat orange rind and margarine **slowly** in the milk with lid on pan. Remove from heat, add sugar and breadcrumbs and cool. Mix egg yolks into crumb mixture. Pour into greased ovenproof serving dish (1 pint size). Bake in moderate oven 335°F/Gas Mark 3 for 20 minutes. When cool, cover with layer of orange slices. Whisk egg whites, fold in sugar and pile on pudding. Brown quickly in a hot oven.

SUMMER PUDDING — serves 4-6

1-1½ lb. redcurrants, blackcurrants or raspberries

4 oz. sugar

9-10 (thin) slices from a small loaf of bread

Pulp raw fruit with the sugar. Line 1½ pint basin with the bread, cut to fit well all over. Fill basin with pulp, cover with a round of bread. Stand basin on a large plate. Place a plate or saucer on top and press firmly to force out any excess juice. Leave to set overnight with a weight on top. Turn out and serve with custard or cream.

Note: If other fruit is used, stew gently to a pulp with sugar and a little water.

LEMON PUDDING — serves 6

2 oz. plain flour

½ level tsp. baking powder

Pinch of salt

4 oz. castor sugar

4 oz. suet

8 oz. soft white breadcrumbs

2 eggs

Juice and grated rind of 2 lemons (large)

¼ pint milk

Sieve together flour, baking powder and salt. Mix in remaining dry ingredients and rind of lemons. Add beaten eggs, lemon juice and milk. Mix to a soft dropping consistency. Place in 1½ pint greased basin, cover and steam for 2 hours. Do not overcook. Serve with lemon sauce.

LEMON SAUCE

½ pint water

Rind of ½ lemon sliced thinly

Sugar to taste (3-4 oz.)

Juice of 2 lemons (2 Tbsp.)

2 tsp. arrowroot (or cornflour)

Soak the lemon rind in the water for 15 minutes over a low heat. Remove rind. Add sugar to flavoured water and simmer for 5 minutes. Add lemon juice and thicken sauce with arrowroot blended with a little cold water.

AMBROSIA — serves 4

4 medium oranges (preferably seedless)

2 bananas (sliced)

$\frac{1}{2}$ cup dessicated coconut or fresh grated coconut

Peel oranges removing pith and slice. Place alternate layers of oranges, bananas, and coconut in serving dish. Serve as cold as possible.

ORANGE OR MANDARIN BAKED CUSTARD — serves 4

2 eggs

1 pint milk

Pinch of salt

2 oranges or 1 tin mandarins

2 Tbsp. brown sugar

Whisk eggs, add milk and salt. Bake in a shallow greased dish at 300°F/Gas Mark 1 for 1 $\frac{1}{4}$ hours or until set. Remove from oven. Decorate top with orange wedges or mandarins. Sprinkle brown sugar on top and melt sugar under hot grill before serving.

RECIPES RICH IN VITAMIN D

Here are a few suggestions for tasty recipes using fat fish. A weekly fish dish supplies adults with enough Vitamin D. Children need more Vitamin D than adults. The sunshine makes this vitamin in their bodies during the summer, but in the winter time it is advisable to give them extra in the form of cod liver oil or halibut liver oil.

BAKED SAVOURY HERRINGS — serves 4

- 1 lb. filleted herrings*
- 1 small onion, finely chopped*
- Salt and pepper*
- 1 level tsp. mixed herbs*
- 2 Tbsp. rolled oats*
- Some bacon fat or margarine—melted*

Sprinkle fillets with onion, seasoning, mixed herbs and half the rolled oats. Roll up, and place on greased baking tin. Brush each one with melted fat, sprinkle with remaining oats. Bake on top shelf of oven at 400°F/Gas Mark 6 for 20 minutes. Serve hot or cold with baked potatoes, grilled tomatoes or green salad.

HERRINGS WITH TOMATOES — serves 4

- 4 herrings*
- 4 tomatoes, sliced*
- 1 onion, sliced*
- $\frac{1}{4}$ lb. cooked rice (3 Tbsp. uncooked)*
- Vinegar, pepper, salt*

Fillet, skin and clean herrings. Cut fillets in half crosswise. Place one layer of fish on bottom of greased fireproof dish. Cover with a layer of tomatoes and onion rings. Add pepper and 1 Tbsp. vinegar. Cover with remaining herring fillets, and then another layer of tomatoes and onion rings. Put cooked rice on top and sprinkle with 1 Tbsp. vinegar and salt and pepper. Bake in a moderate oven, 350°F/Gas Mark 4 until cooked, about 45 minutes.

KIPPER SPREAD

2 oz. margarine

2 Tbsp. grated cheese

Grated rind and juice of $\frac{1}{2}$ lemon

2 kippers—chopped finely or minced

Pepper to taste

Cream margarine, work in grated cheese. Add lemon and kippers and season. Spread on hot toast and grill for 1 minute, or serve with crispbreads or melba toast.

SOUSED HERRINGS — serves 4

2 herrings, filleted

1 small onion, sliced

$\frac{1}{2}$ cup vinegar + $\frac{1}{2}$ cup water

1 tsp. pickling spice if liked

Put rolled herrings, sliced onion and spice in a tin or small casserole. Pour on vinegar and water, cover with foil (or greased paper or a lid). Bake at 300°F/Gas Mark 2 for 1 hour. The vinegar softens the bones and the fish will keep for 3-4 days.

TOMATO TOPPED TUNA FISH CASSEROLE — serves 4

1 tin (6 or 7 oz.) tuna fish

1 cupful cooked rice (3 Tbsp. uncooked) or mashed potatoes

1 cupful (5 oz.) cooked green peas or carrots

2 small onions, chopped

1 oz. margarine

1 oz. plain flour

$\frac{1}{2}$ pint milk

$\frac{1}{2}$ tsp. Worcestershire sauce

$\frac{1}{2}$ tsp. salt

Pepper to taste

2 tomatoes, thinly sliced

Drain tuna fish and break into flakes. Place cooked rice or potatoes on bottom of a greased 1 pint oven dish and add peas or carrots and tuna in layers. Cook onion in fat until tender, blend in the flour and add milk slowly to make a white sauce. Add Worcestershire sauce, salt and pepper. Pour sauce over peas and fish and arrange tomatoes on top. Bake on middle shelf of oven at 350°F/Gas Mark 4 for 20-30 minutes.

SALMON OR TUNA FISH LOAF — Serves 4-6

3 oz. soft white breadcrumbs
2 eggs
 $\frac{1}{4}$ pint milk
2-7 oz. tins tuna fish or salmon
1 dessertspoon vinegar
 $\frac{1}{2}$ tsp. salt
Good sprinkle of pepper
1 small onion, finely chopped
 $\frac{1}{2}$ cup chopped celery

Put the crumbs into a basin and add the eggs and milk. Thoroughly mix in the tuna and its own liquor, vinegar, seasoning, onion and celery. Pack into a well greased 1 lb. loaf tin and bake in a moderate oven 350°F/Gas Mark 4 for about 45 minutes to 1 hour, or until the loaf is firm and golden. Turn out of the tin and serve sliced either hot with vegetables or cold with salad.

CREAMED KIPPER FILLETS on toast — serves 4

12 oz. filleted kippers
2 Tbsp. butter or margarine
 $1\frac{1}{2}$ level Tbsp. chopped onion
 $\frac{1}{4}$ pint milk
Pepper
 $1\frac{1}{2}$ Tbsp. plain flour
4 slices hot buttered toast
Parsley or cress to garnish

Melt butter in frying pan and fry onion until soft, but not browned. Add milk, bring to the boil and then add the kipper fillets and simmer for 5 minutes. Season with pepper. Remove the fillets and keep warm. Thicken sauce by mixing the flour to a cream with 1 tbsp. milk, add slowly to the liquid; bring to boil, stirring well, and cook for 3-4 minutes. Place kipper fillets on hot buttered toast and cover with sauce. Garnish and serve hot.

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FOODS RICH IN VITAMIN B₁

Foods rich in Vitamin B₁ are inexpensive and satisfying. As the vitamin is easily washed out by water use as little as possible in cooking. Overcooking and reheating also destroy this vitamin. Bread is an excellent source of Vitamin B. Use it often and in variety served attractively in a bread basket, and use it in your cooking.

BACON PUDDING — serves 4-6

- 1 oz. margarine, melted
 - 1 pint of soft brown breadcrumbs
 - 2 eggs
 - 2 level tsp. mixed herbs
 - 8 oz. bacon scraps, minced or finely chopped
 - 1 medium onion, chopped
 - 4 oz. grated cheese
- { or 1 pint buttered crumbs
(see Cauliflower Casserole)

Mix all ingredients together. Pack into 1 pint basin. Cover with aluminium foil or lid. Steam or stand in pan of boiling water 1½-2 hours.

Serve hot with tomatoes—stewed or tinned, greens and potatoes, or with tomato sauce or gravy,
OR cold with salad,
OR fried with tomatoes.

CREAMED COD'S ROE WITH BACON ROLLS — serves 4

- 8 oz. cod's roe
- $\frac{1}{4}$ tsp. salt
- 1 Tbsp. vinegar
- 1 Tbsp. cream
- 4 slices toast

Sauce:

- 1 oz. margarine
- 1 oz. flour
- $\frac{1}{2}$ pint milk
- $\frac{1}{2}$ tsp. salt
- Dash of pepper
- Bacon rashers rolled up and grilled for garnish

Cut the roe in pieces, just cover with water, add salt and vinegar and cook gently for 10 minutes. To make the sauce, melt the margarine, blend in the flour and gradually add the milk, salt and pepper and cook until thickened. Drain the roe, chop finely and mix into the sauce. Add the cream. Serve on hot buttered toast and garnish with bacon rolls.

SAVOURY KIDNEY PUDDING — serves 4-5

KIDNEY STEW:

$\frac{3}{4}$ lb. kidneys

Skin and slice kidneys, roll in seasoned flour. Fry lightly in hot fat. Remove kidneys and make a gravy.

PUDDING:

Dry Mix

6 oz. strong plain flour

1 oz. semolina

1 tsp. salt

$\frac{1}{2}$ oz. suet

Yeast Liquid

Blend $\frac{1}{2}$ oz. fresh yeast in $1\frac{1}{2}$ gills warm water (1 gill— $\frac{1}{4}$ pint)
or

Dissolve 1 tsp. sugar in $1\frac{1}{2}$ gills warm (110°F) water. Sprinkle on $\frac{1}{2}$ tsp. dried yeast. Leave until frothy—about 10 minutes.

Blend yeast liquid into dry mix to make a soft dropping consistency. Place kidney stew in greased 2 pint basin, making sure that there is an adequate amount of gravy. Cover with the yeast mixture. Place to rise in a cold steamer over low heat. Slowly bring to boil and continue steaming. Total rising and cooking time $1\frac{1}{2}$ hours. Turn out on to serving plate. Gravy will run down sides of pudding. Garnish with watercress. Alternatives to Kidney Stew: Steak and Kidney Stew; or $\frac{3}{4}$ lb. sausage meat, some chopped bacon, $\frac{1}{2}$ tin tomatoes and some fried onions mixed well together.

STUFFED HEARTS — serves 4

2 hearts—sheep's or calves'

1 cup soft breadcrumbs

1 dessertspoon chopped onion

Salt and pepper

1 oz. melted fat

Parsley if desired

Seasoned flour for coating

Fat for browning

Prepare hearts by removing veins and washing. To make stuffing, mix breadcrumbs, seasonings and fat thoroughly. Fill cavities of the hearts. Roll hearts in seasoned flour and brown well in hot fat. Place hearts in casserole. Rinse out frying pan with hot water and pour this water over hearts to half cover them. Cook with lid on at 350°F/Gas Mark 4 for 2 hours.

To thicken, mix 2 Tbsp. flour to a paste and blend into liquid in casserole. Allow to cook a further 15 minutes.

BACON WITH LENTILS — serves 6

- 1½ lb. collar of bacon—medium cured**
- 2 oz. dripping**
- 12 shallots or 6 small onions**
- 1 lb. lentils**
- 2 large carrots—cut lengthwise (optional)**
- Pepper to taste**
- 1 clove garlic (optional)**
- 1 oz. butter**
- Parsley**

Melt dripping in a large heavy saucepan and brown both sides of bacon; fry onions till golden brown. Add the lentils, carrots, pepper and garlic clove. Just cover with cold water and simmer gently with the lid on for about 1½ hours. Test bacon and lentils to make sure they are cooked. Remove bacon and slice. Drain the vegetables and lentils. Add butter to lentils and arrange around sliced bacon with vegetables and parsley to garnish.

Note: Ask your grocer for a medium cured cut of bacon. Then it will not be necessary to soak overnight. Soaking may cause loss of Vitamin B₁.

PANCAKES WITH A DIFFERENCE — serves 4

BATTER INGREDIENTS

- ½ lb. plain flour**
- 1 tsp. sugar**
- ½ pint milk**
- ½ oz. fresh yeast**
- or**
- 1 tsp. dried yeast**

ADDITIONAL INGREDIENTS

- ½ tsp. salt**
- 1 egg yolk**
- 1 egg white—whisked**

Blend batter ingredients together and stand in a warm place until light and spongy—about 30 minutes. Stir in salt and egg yolk and fold in beaten egg white.

Into hot frying pan with a very little fat pour batter to cover pan thinly. Cook lightly on both sides. Roll up or stack cooked pancakes with the following variety of fillings.

SAVOURY FILLINGS :

1. Chopped ham — with some chopped chives or parsley.
2. Fried onion and grated cheese.
3. Flaked tuna fish, salmon or smoked fish creamed with top of milk or white sauce.
4. Minced veal with herbs and tomato puree.

SWEET FILLINGS :

1. Apricots, apple or blackcurrant puree.
2. Stewed apple with raisins.
3. Lemon juice or orange juice and sugar in the traditional way.
4. Fresh soft fruits in season mashed with a little sugar.

SUMMER BREAKFAST — serves 4

3 Tbsp. wheatgerm (optional)

6 Tbsp. porridge oats

1 Tbsp. condensed milk or top of milk, or cream

$\frac{1}{4}$ pint milk or yoghourt

1 cooking apple

2 Tbsp. raisins, chopped prunes or chopped dried apricots

Grated rind and juice of a lemon

Mix wheatgerm, oats, milk or yoghourt, cream, dried fruit and lemon. Grate into this the apple with skin. Mix well and allow to soak overnight. Garnish with stewed or fresh fruit and serve with milk or yoghourt. For a special treat use strawberries in season in place of the apple.

RECIPES RICH IN IRON

To have sufficient iron in our food takes careful planning and frequent use of iron rich foods. Serve liver often in one of the variety of ways suggested by these recipes or fried, gently and not too long, with bacon or onions. Egg dishes, sweet and savoury, supply plenty of iron and curried eggs are especially good. Add chopped hard boiled eggs to white sauce and tossed salads, garnish supper dishes and salad plates with wedges of hard boiled egg, and add egg to soup. Bread, cereals and stewed dried fruits can be easily used in many meals to provide iron. Remember to serve a good vitamin C food with iron foods.

LARAMIE — serves 4

- 12 oz. tin corned beef
- 1 onion, finely chopped
- 2 eggs
- $\frac{1}{2}$ level tsp. pepper
- 1 level tsp. dried sage
- 1 cube meat extract dissolved in
- $\frac{1}{4}$ pint hot water
- $\frac{1}{4}$ lb. carrots
- 1 lb. potatoes, cooked and sliced
- 1 oz. dripping or margarine, melted

Break up the corned beef and mix in the onion, eggs, pepper, sage and dissolved meat extract. Place in a greased fireproof dish. Coarsely grate the carrots in a layer on top of the meat. Top with potatoes and pour the melted fat over. Bake quickly at top of oven 400°F/Gas Mark 6 for 30 minutes.

BOBOUTIE — serves 4

- 1 lb. raw minced beef or mutton
- 1 oz. butter
- 1 medium onion, sliced
- 1 unpeeled apple, sliced
- 1 Tbsp. curry powder
- 2 tsp. sugar
- 2 oz. currants
- 12 blanched almonds, halved (optional)
- $\frac{1}{2}$ tsp. salt
- Pepper to taste
- 2 thick slices of white bread soaked in
- 5 Tbsp. milk
- 1 beaten egg

Melt butter in pan, add onions and apple. Stir and cook for 4 minutes. Add curry powder, sugar, almonds, fruit, mince and seasonings. Stir well together, cook gently 3 minutes. Put the mixture in greased deep 2 pint casserole dish. Mash soaked bread and milk with a fork. Beat egg well into this mixture. Pour over meat mixture. Cook in a very slow oven 290°F/Gas Mark 1 for 1 hour or until set.

Serve with green vegetables or salad.

LIVER CASSEROLE — serves 4

- 1 lb. liver, sliced**
- 1 oz. flour**
- 2 medium onions, sliced**
- 1 oz. fat**
- $\frac{1}{2}$ lb. carrots, sliced**
- $\frac{1}{2}$ pint water**
- 1 tsp. salt**
- Pepper to taste**

Flour the liver and brown lightly with the onions in the fat in a frying pan. Remove liver and onions and put in greased casserole dish with the carrots. Use the water to rinse the frying pan. Add seasonings and pour water from the frying pan over liver. Cook with lid on casserole for 30 minutes in oven at 335°F/Gas Mark 3.

MOCK GOOSE — serves 4-6

- 1 lb. ox liver, sliced**
- 1 onion, sliced**
- 2 oz. dripping or margarine**
- 1 tsp. dried sage**
- 2 tsp. salt**
- $\frac{1}{2}$ tsp. pepper**
- 2 eggs to bind**

Potatoes to top—raw, thinly sliced or cooked mashed

Fry liver and onion gently in fat for 3 minutes. Remove from fat and mince. Mix in seasonings and eggs. Press into a greased 1 lb. loaf tin, top with potatoes and pour the remaining fat over. Bake a top of oven 400°F/Gas Mark 6 for 30 minutes. Serve hot with gravy and baked tomatoes or greens.

Or serve chilled in slices with salad, rolls and butter.

CURRY SPREAD

- 2 oz. margarine**
- 3 tsp. soya flour**
- 2 tsp. peanut butter**
- 2-3 Tbsp. curry powder**
- 1 tsp. meat extract or yeast extract**
- $\frac{1}{2}$ tsp. sugar**
- Rind + juice of $\frac{1}{2}$ lemon**

Cream fat, add soya flour and beat well. Work in peanut butter, curry powder, meat or yeast extract, sugar and the rind and juice of lemon.

This spread will keep for months in a screw top jar in a cold place.

LIVER SPREAD

$\frac{1}{2}$ lb. ox liver
1 oz. butter or margarine
1 oz. flour
5 Tbsp. milk
 $\frac{1}{2}$ tsp. anchovy essence or paste
Pinch of pepper

Cut liver into small pieces and fry lightly in fat for 3 minutes. Remove liver and mince it, followed by a small slice of bread. Blend flour into fat in frying pan, add milk slowly and anchovy essence. Cook to make a thick sauce. Mix with minced liver to make a paste, add pepper to taste. Store immediately in a cold place.

This spread should not be kept longer than 2 days.

Serve the savoury spreads on hot buttered toast for tea, on crispbreads or wafers as appetisers, or in sandwiches with water-cress for packed lunches.

CHOCOLATE CAKE

6 oz. plain flour
1 oz. cocoa powder
5 oz. castor sugar
1 level tsp. baking powder
1 level tsp. bicarbonate of soda
 $\frac{1}{2}$ level tsp. salt
3 oz. soft margarine (easy creaming)
 $\frac{1}{4}$ pint milk
2 eggs
1 Tbsp. treacle

Sieve dry ingredients together into large mixing bowl. Add remaining ingredients and beat well. Pour into greased 7" square tin. Bake on middle shelf of oven at 300°F/Gas Mark 2 for 1 hour. Cool in tin for 5 minutes then turn out onto wire rack. This cake can be served hot, with chocolate sauce, as a dessert.

CHOCOLATE SAUCE

3 Tbsp. black treacle
1 Tbsp. golden syrup
 $\frac{1}{2}$ pint water
2 oz. cocoa
1 oz. sugar
Knob of butter

FLAVOURING :

Vanilla Essence
or grated orange rind
Cochineal for colouring

Heat all ingredients in pan. Add flavouring and colouring. To make Milk Chocolate Sauce stir in 2 tablespoons condensed milk. Serve the sauce with ice cream, tinned pears or rice pudding. A teaspoonful stirred into hot or cold milk makes a chocolate shake. The sauce will keep well in a screw top jar.

CHOCOLATE SPREAD

2 oz. margarine
2 tsp. soya flour or ground almonds
2 Tbsp. cocoa powder
1 Tbsp. condensed milk
1 Tbsp. black treacle
1 Tbsp. boiling water

Cream margarine and beat in treacle and condensed milk. Add cocoa powder, soya flour and water and beat well again. Add grated orange rind, vanilla or rum essence to flavour. Keeps well in screw top jar.

Serve on fruit bread, malt bread, buns or semi-sweet biscuits.

TREACLE LOAF

8 oz. soft plain flour
3 level tsp. ginger
1 level tsp. bicarbonate of soda
 $\frac{1}{4}$ pint milk
8 oz. black treacle weighed into a pan

Sieve the flour and ginger into a bowl. Dissolve the soda in a little of the milk. Stir the remaining milk into the treacle and add to the flour, then add the milk and soda and mix well. Pour into a well greased 1 lb. loaf tin. Bake at 335°F/Gas Mark 3 for about 45 minutes. Cool on a rack. Store in a tin for 2 or 3 days before cutting. Keeps at least a week.

For a change: Add 4 oz. chopped figs or sultanas.

CHEESE AND MILK RECIPES

CHEESE AND MILK are bargain foods because they supply several different nutrients including calcium and protein. There are many traditional dishes using MILK such as custards, milk jellies and rice pudding which children enjoy. Or, simply a glass of cold milk makes any meal complete.

CHEESE may be used in endless ways. Here are some suggestions:

Add plenty of grated cheese to white sauces for vegetables and fish.

Make a spread of grated cheese mashed with a small tin of baked beans.

Cheese crumble topping, made from 2 oz. grated cheese, 1 oz. margarine, 2 oz. flour, and a pinch of salt all rubbed together, is very tasty on casseroles and vegetables.

For a real change try our recipe for Italian Pizza Pie (available on request).

What could be easier and more satisfying than bread or rolls with a choice of cheeses and a green salad?

CHEESE PUFFIT — serves 5

6 slices day old bread

$\frac{3}{4}$ lb. cheese, grated

2 eggs

$\frac{1}{2}$ pint milk

$\frac{1}{2}$ tsp. salt

Dash pepper and paprika

Arrange slices of bread in alternate layers with cheese in a greased $1\frac{1}{2}$ pint baking dish. Beat eggs lightly, add milk and seasonings and pour over the bread. Cover and keep in the refrigerator or a cool place for at least 30 minutes. Place in a pan of hot water and bake in a moderate oven $350^{\circ}\text{F}/\text{Gas Mark 4}$ until set, about 45 minutes.

If thoroughly chilled before baking the puffit will puff up like a soufflé.

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CHEESE BISCUITS — makes about 20 small biscuits

2 oz. wholemeal flour

Pinch of salt and cayenne pepper

$\frac{1}{2}$ oz. margarine

4 oz. finely grated Cheddar cheese

Approximately 1 Tbsp. cold water

Mix flour and seasoning in bowl and rub in the margarine. Add the grated Cheddar cheese, and bind with cold water. Knead the dough firmly and roll out to $\frac{1}{8}$ inch thick. Prick with a fork and cut into small fancy shapes. Place on a lightly greased baking sheet and bake at the top of a hot oven 450°F/Gas Mark 8 for 6-8 minutes until golden brown.

EVERYDAY GINGERBREAD

This delicious gingerbread is easy to make and is a rich source of Iron.

INGREDIENTS

4 oz. margarine	8 oz. plain flour
6 oz. black treacle	2 oz. sugar
2 oz. golden syrup	1 tsp. mixed spice
¼ pint milk	1 tsp. (level) bicarbonate of
2 eggs	2 tsp. ground ginger (soda

RING THE CHANGES WITH:-

1. 1 oz. each sultanas, crystallised ginger and shredded almonds.
2. 4 oz. dried figs (cut in small pieces).
3. 4 oz. chopped dates.
4. 4 oz. wholemeal flour in place of 4 oz. plain flour.

SIZE OF TIN

This quantity of mixture is suitable for any of the following tins; prepare by greasing and bottom lining.

7" or 8" square or round cake tins
Two 7" square tins 1" depth

METHOD

1. Using a large saucepan, warm together margarine, treacle and syrup. Add milk and allow to cool.
2. Beat eggs and blend with cooled mixture.
3. Sieve dry ingredients together in to a bowl, add the cooled mixture and blend in with a tablespoon. Add fruit if required.
4. Turn in to greased and lined tin (see above).
5. Bake on middle shelf of a slow oven 310°F/Gas Mark 2 for 1¼ - 1½ hours depending on size of tin.

SERVE with apple sauce as a pudding
with butter for tea
with a crumble top for a change

CRUMBLE TOGETHER: - 2 oz. flour 2 oz. brown sugar
1½ oz. butter Grated lemon rind

Sprinkle on gingerbread before baking.

EASY TO MAKE CHOCOLATE CAKE

This sweet, mild flavoured chocolate cake is ideal for children. For a darker, fuller flavoured cake use 2 oz. cocoa powder. This cake is also a good source of Iron.

INGREDIENTS

6 oz. plain flour	3 oz. soft margarine
1 oz. cocoa powder	(easy creaming)
5 oz. castor sugar	¼ pint milk
1 level tsp. baking powder	2 eggs
1 level tsp. bicarbonate of soda	1 Tbsp. treacle
½ level tsp. salt	

TIN: Grease and bottom line a 7" square or round tin.

METHOD

1. Sieve dry ingredients together in to a large mixing bowl.
2. Add remaining ingredients and beat well for 2-3 minutes. Pour in to prepared tin.
3. Bake, on middle shelf of oven, at 310°F/Gas Mark 2 for 1 hour.
4. Cool in the tin for 5 minutes then turn out on to wire rack.

SERVE Lightly dusted with icing sugar
Split and sandwiched together with Chocolate Spread
Hot, with Chocolate Sauce, as a dessert

CHOCOLATE SAUCE

3 Tbsp. black treacle	Flavouring:
1 Tbsp. golden syrup	Vanilla essence or grated
½ pint water	orange rind.
1 oz. sugar	
2 oz. cocoa powder	Colouring:
Knob of butter	Cochineal

Heat all ingredients in pan. Add flavouring and colouring. To make Milk Chocolate Sauce, stir in 2 tablespoons condensed milk.

QUICK WHEATMEAL LOAVES & ROLLS

This easy recipe takes 5 minutes to mix, 30 minutes to rise in a warm place and 30 minutes to bake the risen dough.

INGREDIENTS

12 oz. each, brown and white plain flours (or any proportion you like)
3 level teaspoons each, sugar and salt
1 oz. fresh yeast or $\frac{1}{2}$ oz. dried yeast (1 level tablespoon)
 $\frac{3}{4}$ pint water

MIXING

TO MAKE DOUGH WITH FRESH YEAST

Mix the flours, salt and sugar together in a bowl. Blend yeast in the water and add all at once. Mix to a soft, scone-like dough (adding more flour if necessary) that leaves the bowl clean.

TO MAKE DOUGH WITH DRIED YEAST

Dissolve a teaspoon of the sugar in a cupful of warm water (from recipe quantity) then sprinkle dried yeast on top. Leave until frothy (10-15 minutes). Add, with rest of liquid, to flours, salt and remaining sugar. Mix to a soft, scone-like dough.

SHAPING

TO MAKE 18 ROLLS

Turn dough on to board. Flatten to $\frac{1}{2}$ " thickness. Cut into rounds with a $2\frac{1}{2}$ " cutter, OR divide dough into 18 equal pieces and roll each piece to a ball using palm of one hand. Press down hard at first then ease up. This is best done on an unfloured board with a little flour on palm of hand only. Place rolls on floured, ungreased baking sheet.

Soft Sided Rolls—which you pull apart. Pack $\frac{1}{4}$ " apart and dust with flour.

Crusty Rolls—leave 1" space all round, brush tops with salt and water and sprinkle with cracked wheat or cornflakes.

Put the tray of rolls inside an oiled polythene bag and leave to rise until the rolls are double in size (see note on rising). Bake towards top of oven, at 450° F/Gas Mark 8 for 20-30 minutes.

TO MAKE THREE FLOWER POT LOAVES

Divide the dough into 3 equal parts. Grease very thoroughly the inside of three 4"-5" flower pots and shape a piece of dough

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to half fill each of them. Brush the tops with salt and water and sprinkle with cornflakes or cracked wheat. Put to rise, inside oiled polythene bags, until the dough has doubled in size and springs back when lightly pressed with a floured finger. Remove bags, bake at centre of oven 450° F/Gas Mark 8 for 30-40 minutes.

TO MAKE TWO TIN LOAVES

Divide the dough into two, and shape each piece to fit the well-greased 1 lb. loaf tins. Rise and bake as for flower pot loaves.

REMEMBER

Rising times can be varied to suit your convenience.

QUICK RISE — $\frac{1}{2}$ hour in a warm place

SLOWER RISE — 1-1 $\frac{1}{2}$ hours on kitchen table

OVERNIGHT RISE—Up to 12 hours in a cold larder

Surplus dough can be kept in a refrigerator in a loosely tied polythene bag or plastic pot with lid for use next day or the day after.

To use refrigerated dough—soften by standing in a warm place for 15-20 minutes, then shape rolls or loaves from cold dough.

Cool or cold rising makes a stronger dough and therefore better bread.

VARIATIONS

This quickly made wheatmeal bread dough may be used for a variety of other recipes including Pizza and fruit loaves. Here are some ideas to try. To the basic recipe add one of the following:

Some honey, black treacle, or brown sugar in place of the sugar to get additional flavour.

Caraway seeds for a change.

An egg for extra food value.

$\frac{1}{2}$ milk and $\frac{1}{2}$ water for extra food value.

A tablespoon of oil or melted lard when mixing the dough, for extra keeping quality.

NOTE FOR HOUSEWIVES

It is worthwhile to make up 3 lb. flour (double this recipe). A batch of wheatmeal dough will make pizza for lunch, rolls for tea, 2 loaves for the next day, and a fruit loaf that keeps 5 days, or surplus dough can be put in a refrigerator.

To freshen stale bread and all yeast bakery—put in a biscuit tin, with tight lid, in a hot oven for 10 minutes. Cool in the closed tin, then use.

FOOD VALUE

All breads are good for:

ENERGY (B vitamins and iron)

BODY BUILDING, especially if eaten with eggs, cheese, meat

FRUIT BREADS

MADE WITH QUICK WHEATMEAL DOUGH

Use this basic wheatmeal dough to make any of the following fruit breads. Choose the variety you like—the method is the same for each one. Surplus dough can be used to make pizza or rolls.

This quantity makes $1\frac{1}{2}$ lb. of dough.

8 oz. each brown and white plain flours

2 level tsp. each sugar and salt

$\frac{1}{2}$ oz. fresh yeast or 2 level tsp. dried yeast

$\frac{1}{2}$ pint water

TO MAKE DOUGH WITH FRESH YEAST: Mix the flours, salt and sugar together in a bowl. Blend yeast in the water and add all at once. Mix to a soft scone-like dough (adding more flour if necessary) that leaves the bowl clean.

TO MAKE THE DOUGH WITH DRIED YEAST: Dissolve a teaspoon of the sugar in a cupful of warm water (from recipe quantity), then sprinkle dried yeast on top. Leave until frothy, about 10 minutes. Add, with rest of liquid, to flours, salt and remaining sugar. Mix to a soft scone-like dough. Put the dough into an oiled, lightly tied polythene bag or container with lid and allow to rise to double-size before using.

Quick rise — $\frac{1}{2}$ hour in a warm place

Slower rise — $1-1\frac{1}{2}$ hours at room temperature

Overnight rise — Up to 12 hours in a cold larder

TO MAKE THE LOAVES: Choose the loaf and topping from the recipes overleaf and use the following method:

1. Squeeze and work all the ingredients together in a basin, with one hand, until the mixture is no longer streaky.
2. Two-thirds fill the prepared tins (bottom-lined and greased) and put inside a polythene bag until dough rises to within $\frac{1}{2}$ " of the top of the tins. One hour in a warm place, longer in a cool one.
3. Cover with one of the toppings.
4. Bake on middle shelf of oven.

Fig and Treacle Bread	— 400° F/Gas Mark 6, 45-50 minutes
Ginger Loaf	— 400° F/Gas Mark 6, 30-40 minutes
Apricot and Walnut Bread	— 450° F/Gas Mark 8, 30-40 minutes
5. Cool in tin 10 minutes and then on a wire tray.

FIG AND TREACLE BREAD

This bread supplies iron for vitality. Try a slice with a glass of orange juice at elevenses, or with a cup of hot milk at bedtime.

- 1½ lb. risen Quick Wheatmeal dough**
- 8 oz. black treacle (approx. 6 Tbsp.)**
- 8 oz. figs, chopped**
- 4 oz. brown sugar**
- 2 oz. margarine**

Makes two 1 lb. loaves or two 5" square tins.

GINGER LOAF

This recipe is for a Ginger Loaf not a Ginger Cake. It is moist, dark and spicy and improves with keeping for 2-3 days. It should be eaten buttered, like bread, and is particularly good eaten with the milder cheeses.

- 1 lb. risen Quick Wheatmeal dough**
- 2 oz. black treacle (2 Tbsp.)**
- 1 oz. margarine or 2 tbsp. oil**
- 1½-2 tsp. ground ginger**
- 2 oz. sultanas (optional)**

Makes one 1 lb. loaf tin or 6" square tin.

APRICOT AND WALNUT LOAF

This unusual fruit loaf is delicious with butter at tea time, or with cheese for supper.

- 12 oz. risen Quick Wheatmeal dough**
- 4 oz. dried apricots, chopped**
- 2 oz. broken walnuts**
- 1 oz. sugar**
- 1 oz. margarine**

Makes one 1 lb. loaf tin.

TOPPINGS

1. Sprinkle with a crumble of 1 oz. margarine, 1 oz. sugar, 1½ oz. plain flour rubbed together until it looks like coarse breadcrumbs.
2. Sprinkle crushed cornflakes on top of the dough.
3. After baking, brush the hot loaf with a wet brush dipped in honey or syrup.

FOOD VALUE

All breads supply:—

- Iron for vitality
- Vitamin B1 for energy
- Calcium for strong bones and teeth



